FAMILY LIFE

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BRITAIN TACKLES THE DIVORCE PROBLEM

A nation-wide marriage counseling service, state-supported but not state controlled, is one of the far-reaching innovations to improve marriage and prevent divorce in Great Britain, recommended in the final report of the "Committee on Procedure in Matrimonial Causes," which was appointed last year by the Lord High Chancellor and has now presented its findings to Parliament.

Instructed to consider what could be done to improve the divorce machinery and "in particular whether any (and if so, what) machinery should be made available for the purpose of attempting a reconciliation between the parties", the committee headed by Mr. Justice A. T. Dunning heard scores of witnesses. Along with detailed changes in legal procedure, it recommended especially:

1. "A carefully graded system of general education for marriage, parenthood, and family living," in which "parents, teachers, and pastors" will collaborate.

2. "Specific marriage preparation of engaged couples."

3. A more solemn form of marriage in register offices (corresponding to marriages by justice of the peace in the U. S.), to emphasize the importance of the marriage contract.

4. A "Marriage Welfare Service" to provide counseling either before or after marriage. This service "should evolve gradually from existing societies," but with financial support from the state. Presumably the Marriage Guidance Council, which already is represented in nearly 100 centers in England, and the somewhat parallel but smaller Catholic Marriage Advisory Council, would form the nuclei for such nation-wide service.

5. Beyond this, Court Welfare Officers (probably drawn in the first place from among the probation officers, with special training added) would be appointed "to give guidance . . . and particularly to endeavour to effect a reconciliation if it is a suitable case for him to handle; or to refer the parties to one of the voluntary societies, a doctor, a clergyman, or any other person if that appears to be the best way." "Even after divorce proceedings are started, endeavours for reconciliation should continue." Whenever a defendant is served with papers in divorce proceedings, he or she should simultaneously be advised of the nearest Court Welfare Officer and urged to see him first. "The unity of the family is so important," the

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report declares, "that, when parties are estranged, reconciliation should be attempted in every case where there is a prospect of success." These Court Welfare Officers naturally have particular duties where children are involved.

6. The committee recommends retention of the decree nisi, which corresponds to an interlocutory decree in the U. S. The period of delay in Great Britain is now only six weeks.

7. Misunderstanding of the law as to collusion was discussed. This has been a stumbling-block in Britain as also in the U. S. After a divorce suit is filed, lawyers frequently advise the husband and wife not to see each other, but "the law does not forbid discussion with a view to reconciliation," says the report. "There is no reason why parties should not meet and discuss their problems even though they are contemplating divorce proceedings . . . The important thing is that lawyers . . . should point out that the law favors reconciliation and that overtures to that end will not prejudice the case."

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AROUND THE WORLD

The American Institute of Family Relations is cooperating in the International Congress on Family and Population which will be held in Paris, June 22-29. Principal topics to be considered are (1) the standard of living of families, (2) women's work, (3) housing, (4) parent-child relationships, and (5) the functions of Family Associations.

The 1946 Congress on the same subject was held in Belgium, where the League of Large Families celebrated its 25th anniversary. The Belgian government has increased family allowances by 20% and doubled those of widows and orphans, in order to help maintain the standard of living of the family as compared with that of unmarried persons.

Less than one-third of the Canadian population is satisfied with modern family life, as revealed by a Gallup poll (Jan. 29, 1947). Nearly one-half think it is less successful today than a generation ago; young people are more critical of the modern family than are their elders; the unmarried are the most pessimistic of all. In order of importance, the reasons ascribed for the failure of family life today are (1) too many attractions outside the home, (2) hurried pace of modern life, (3) too easy divorce, (4) too little discipline of children.

The French Alliance Nationale contre la Depopulation has celebrated its 50th anniversary. Principal points in its program are education for family life, equalization of the financial burdens of the family, war against evils that particularly affect the family such as abortion, prostitution, and alcoholism, and political representation of families.

Mexican women can vote in municipal elections, as the result of a constitutional amendment which has just gone into effect.

In five cantons of Switzerland family allowances are now obligatory.

THE ART OF COUNSELING

"There is hardly anyone who is not a counselor at one time or another," Fritz Kunkel and Ruth Gardner point out in "What Do You Advise? A Guide to the Art of Counseling" (pp. 314, price $3, from Ives Washburn, 29W. 57th St., New York 19, N. Y., 1946).

"Not only psychologists in their professional work and official advisers in schools and camps, but all social workers, most personnel directors, many physicians, ministers, and teachers find themselves occasionally in the role of counselor. Although loaded with responsibility, many of these people find themselves insufficiently trained along this special line.

"Nor is this all. Parents and grandparents, uncles and aunts, exert an enormous influence on the next generation. Their advice, perhaps excellent in itself, often produces the opposite result simply because they do not know how to give it, how to answer a question, or how to wait until the question is asked."

All of them, therefore, need to learn something more about counseling as an art, for "not the scientist, but the artist in psychology, is the best counselor. This does not mean, of course, that anyone may consider himself a good counselor simply because he happens not to be a scientist. Art requires training, discipline, and experience just as science does."

They have undertaken to help the beginning artist in this new book, which is based on Dr. Kunkel's well-known "We-Psychology," discussing four types of ego-centricity, and explaining how to recognize and unmask transferences, resistances, and projections. It is illustrated abundantly with brief case histories. Part I covers the dynamics, part II the content of counseling.

If counseling is an art, it must be personal, as is all art. No other counselor will be able exactly to duplicate Dr. Kunkel's style. Most readers will not accept all of the ideas here offered. In early life Dr. Kunkel was influenced by Alfred Adler, in later years more strongly by C. G. Jung, but he has developed many concepts which are essentially his own.

Every reader will find the book packed with material to provoke thought. Take the commonplace question of a girl contemplating marriage, "How can I be sure that this is really love?" "The answer is quite simple," to Dr. Kunkel. "We know it is not love. There can be no love—not in the complete and irrevocable sense of the word—between two people who have not yet married, lived together, endured the crises and commonplaces of existence together. There can be a more or less powerful projection of deep images; and there can be a transference of rigid patterns from one to another." These are mere preliminaries to what they are really seeking, "the constant and vigorous development of a relationship which grows with the growth of both partners; which includes and enriches every experience, whether of loss or gain, of sickness or health."

How far can a counselor go? "Bad

habits, character defects, selfishness, possessiveness, many fears and inhibitions" are proper material for his work. Beyond this comes the domain of the psychotherapist, who should have had a psychoanalysis and who should be prepared to deal with "anxiety neuroses, compulsions and addictions, together with all functional disturbances such as nervous stomach aches, headaches, and the like."

"The counselor should not stir the dormant powers of the unconscious; but if they arise, he should know how to handle them. The counselor should recognize the hidden energies of the unconscious in order to avoid them. The psychotherapist must know them in order to provoke them and restore them to order."

And again, "The relationship between the counselor and the psychotherapist is determined by the seriousness of the case, but the border line is arbitrary. Only a few categories of cases, such as compulsory neuroses and severe addictions, belong definitely in the realm of the psychotherapist."

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RESEARCH NOTES

One family in every 13, in the U. S., had a "secondary family" living with it last year, according to a survey made by the U. S. Census. Three-fourths of the secondary families were a married couple living with the parents of one or other. Daughters are twice as likely as sons to move their families in with their own parents.

Spending the family income created the most difficult obstacle to the achievement of happiness in marriage, according to 409 couples who reported to Dr. Judson T. Landis of Michigan State College. Sex adjustment, in-law troubles, and personality problems followed in order. But when time necessary for adjustment, instead of difficulty, was discussed, they put sex adjustment first and handling of finances second. Husbands and wives generally agreed on the order of difficulty of their problems. "There were more who had never arrived at a satisfactory adjustment in social activities than in any other area." Church membership and amount of education were not related to amount of time needed to adjust in the various areas. Couples married before the age of 20 made a somewhat worse showing than others. (American Sociological Review, Dec., 1946.)

Junior high school boys are much in need of a correct sex vocabulary, Leon H. Smith of the Des Moines, Iowa, YMCA, concludes after giving a questionnaire to 1,000 of them. Of 27 words given out, the meaning of only two (prostitute and urinate) was known to a numerical majority. Only 8% of the boys could define "menopause," and 17% "fetus." The same questionnaire given to 500 junior high school girls revealed somewhat more understanding, the girls being more mature at the same chronological ages; a majority of the girls knew 11 of the words. Mother was most frequently the source of girls' information, with printed matter second and with female companions coming third. Boys most frequently got their information from male companions, with printed matter second and mother third. Father was credited with having given no information by 48% of the boys and 82% of the girls.

Divorces in the U. S. during 1946 totaled more than 600,000, according to preliminary estimates. This is an increase of 142% over the average for the three pre-war years of 1937-39.

Women who teach in rural schools have unusually good opportunities to marry, says Dean M. J. Nelson of Iowa State Teachers College, after surveying the alumna records. Home economics graduates are a little more likely to marry than any other group.

Final figures put the number of births in the U. S. in 1946 at 3,260,000. The previous record year was 1943, when 2,934,860 babies appeared.

Negro college girls showed a higher standard of sexual morals than whites, in demanding "good moral character" of the men they would marry, Mirra Komarovsky reports in analyzing a questionnaire. She thinks this may be explained by "the Puritanism of the Negro middle classes." (Journal of Social Hygiene, Dec., 1946.)

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NOTES FROM THE AIFR

Techniques of counseling will be emphasized at the Institute of Family Life Education which the AIFR will cooperate with the Cincinnati Social Hygiene Society in offering during the week of June 23, 1947. Roy Dickerson and Paul Popenoe will be in charge. For prospectus write to Director, summer session, University of Cincinnati.

Can you get members of a class or club to fill out copies of a brief questionnaire telling "What becomes of divorcees"? Information, given anonymously, will help throw more light on the prospects of remarriage and success in second marriage of persons who have been divorced. Write the AIFR and let us know how many copies you can use.

AROUND THE WORLD

The Belgian League of Large Families is persuading merchants to offer special discounts to its members. One department store in Brussels now advertises crib bedding for babies, with the following discounts: 5% to mothers of four children, 10% to mothers of six children, and 15% to mothers of eight children.

Principal benefits to children, resulting from the introduction of family allowances in Canada, are reported by Mae Fleming as improvement in diet, clothing, and school attendance, extension in use of medical, dental and optical services, widening of recreational outlets, expansion of cultural opportunities, and increased sense of security. As to misuse of family allowances, "complaints to date have been infinitesimal." (Canadian Welfare, Dec., 1946.)

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What is the best method of determining the time of ovulation in women, by changes in body temperature?

Ans.—In most healthy women, the body temperature is lower during the first part of the menstrual cycle, than it is during the latter half. Just before ovulation, there is likely to be a drop of almost half a degree, followed by an abrupt rise of nearly a whole degree. A woman with sufficient patience to take her temperature every morning for a few months may be able to find what her natural cycle is, and determine the time at which an egg cell is liberated from her ovary. Charts for this purpose can be obtained from the Medical Department of the Planned Parenthood Assn. of American, 501 Madison Ave., New York 22, N. Y.

NEW BOOKS IN BRIEF REVIEW

MODERN MARRIAGE, by Edward F. Griffith. Pp. 303, price 7s., 6d., from Methuen & Co., 36 Essex St., Strand, London WC2, England, 19th edition (revised), 1946.

This handbook by a practicing physician has been popular since its first appearance in 1935. The title is misleading; the content is confined mainly to sexual adjustment in marriage and allied topics such as contraception and sterility, together with an elementary discussion of anatomy and physiology.

LA SEXUALITE, by Louis Gallien. Pp. 128, price f.45 from Presses Universitaires de France, 108 Boulevard Saint Germain, Paris, France, 1946.

Popularity of this account by a zoologist at the University of Rennes is attested by its appearance in a new and fourth edition. It covers the biological development of sexuality, both genetic and hormonal.

COUNSELING AND PROTECTIVE SERVICE AS FAMILY CASE WORK: a functional approach, ed. by Jessie Taft. Pp. 162, price $1.50 from Pennsylvania School of Social Work, 2410 Pine St., Philadelphia 3, Penna., 1946.

Family case workers were formerly concerned largely with giving financial relief and other services to their clients. As the administration of relief has gradually been transferred to governmental agencies, the case workers have been studying the possibility of changing their techniques to "counseling," which is independent of the need for any tangible service, says Dr. Taft. In this book half a dozen social workers discuss this aspect of their work. Not all schools of social work accept the principles laid down here, but any student of family life will find the book thought-provoking and informative.

PROBLEM FAMILIES, an experiment in social rehabilitation, ed. by Tom Stephens. Pp. 72, price 2s., 6d., from Pacifist Service Units, 6 Endsleigh St., London WC1, 1946.

Three small groups of voluntary workers, Pacifist Service Units in Liverpool, Manchester, and Stepney, undertook to rehabilitate 62 families living in the most unsatisfactory slum conditions. "The Units approached social work as willing amateurs," contributing manual labor, material assistance, and social and domestic education. Description of the methods will be of interest to all who want to see a larger public participation in social work.

IMPROVISED EQUIPMENT IN THE HOME CARE OF THE SICK, by Lyla M. Olson. 4th ed., pp. 265 with 469 illus., price $1.50 from W. B. Saunders Co., West Washington Sq., Philadelphia 5, Pa., 1947.

This handy little pocket book is addressed primarily to nurses, but is equally useful to classes in first aid, and to home-makers. The author is superintendent of nurses at Kahler Hospital, Rochester, Minn.

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Is it true that divorced persons often have mental breakdowns?

Ans.—Yes, all studies agree. One that is often cited goes back to 1922, when there were found in the Illinois state hospitals 170 married males per 100,000 in the population, 298 unmarried males, and 1,112 divorced males.

THE THIRD CRISIS IN FAMILY LIFE

Western society, of which the United States is the most extreme present manifestation, has gone through two great family crises during its history and is about to reach the maximum development of a third, says Dr. Carle C. Zimmerman, Harvard University sociologist, in his new "Outline of the Future of the Family" (pp. 128, price $1.75 from the Phillips Book Store, Harvard Square, Cambridge, Mass., 1947).

Between 450 and 250 B.C. the Greek family system broke up. Between 300 and 550 A. D. the Roman family system broke up. The spread of Christianity brought about a revival of family life, which has now largely lost its force, the decline coming first "in the upper strata and social climbers" where it has been conspicuous for several centuries.

This loss of family-mindedness is largely responsible, in Dr. Zimmerman's opinion, for the increasing crime, brutality, and inhumanity in modern civilization. Family life is the source of altruism, and it is always a national calamity when "the controls of society come into the hands of men and women who do not possess judgments biased by an immersion in fundamental humanism." After all, the fact is that "parents differ from persons who are not parents. Those who have three or four children are different from those with only one or two." Strong family life and sound civilization have always gone hand in hand. When one has decayed, the other has decayed.

How does the present break-up of family life differ in detail from that in Greece or Rome? Dr. Zimmerman thinks one of the outstanding differences is the extraordinary hypocrisy with which the break-up is now surrounded. The Greek or Roman made no apologies for adopting prostitution as a substitute for marriage. The modern American "seeks to secure an ethical sanction (church wedding) for each new liaison. This is announced as the perfect and ideal achievement to last until eternity." The Greek or Roman "would have made no boasts that he improved either himself, marriage, or the family by his constantly changing sexual arrangements."

Dr. Zimmerman (listed in "Who's Who" as a Congregationalist) thinks it is high time for Christianity "to busy itself now and in fundamental fashion with measures to halt the development of anti-familism," instead of trying "to gain popularity by playing along temporarily with the anti-familism of our bourgeois and intellectual classes." "If it weakens its doctrine or, by condoning the present changes in the family, attempts to keep its favor among the present dominant social classes, it will in time have neither friends nor doctrine."

What is to be done? "The family is a free-will moral, religious, and social institution. If anything at all is done about the family it will have to come about finally by bringing a change into the hearts of the people. People do not change ideas about such an institution as the family until they are fully informed . . . A new world has to be built on understanding of our grave problems, and not on compulsion and fright." Dr. Zim-

merman therefore declares that "Modern society needs a large intellectual class which really understands the present decay of our family system, its devastating social consequences, and who are willing to tell the misinformed and confused public the truth." He believes that much of the teaching about the family, in American colleges, is unscientific.

There is, obviously, no easy solution such as bribing people to have children ("baby bounties"). But a prerequisite is to "return the family to public control." For this purpose Dr. Zimmerman believes that the States must be deprived of their present power to make as widely different laws as they please. A National Family Code (such as exists in many other countries) must apply uniform measures throughout the United States. This must be backed by a Family Supreme Court, containing not merely lawyers but social scientists and religious educators.

Dr. Zimmerman's book (occasionally giving evidence of hasty and careless writing) is richly documented by references to classical and medieval authorities. It will help any thoughtful person to get a clearer understanding of the broad pattern of family development, with its ascents and descents, in the western civilization of the last three thousand years.

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EDUCATIONAL NOTES

Every student in the basic college at Michigan State College is required to take a term of Modern Marriage and Family Relationships, 56 sections of which are currently conducted under the direction of Dr. Judson T. Landis of the Department of Effective Living. More than 3,000 students will be registered in the course this year; student wives are invited to audit it without fee. A Students' Syllabus in this course (Basic 152), prepared by Dr. Landis (1947) is obtainable for 65c from the College Book Store, Michigan State College, Lansing, Mich.

Divorce is the subject of the ISO Forum, Feb., 1947, in which 25 scholars, both Catholic and non-Catholic, discuss the causes and remedies (almost all of them demand education for marriage). Copies of this issue may be had from Rev. Joseph F. Cantillon, S.J., editor, in care of the Institute of Social Order, 3115 S. Grand Blvd., St. Louis 18, Mo.

In 550 American colleges this year, 1968 teachers are conducting 657 courses in marriage and family life, according to a survey by the National Conference on Family Relations.

"There is a growing opinion that marriage and parenthood increase the competence of a teacher. The discrimination against the married woman as a teacher is unjust to the individual and is an unwise policy in the selection of teacher personnel," says Dr. Willard E. Givens, executive secretary of the National Education Association (1201 Sixteenth St., NW., Washington 6, D. C.), in his annual report. As late as 1941, he notes, married women were debarred from appointment to regular teaching positions in 58% of the city school systems and were appointed only under special circumstances in another 29% of the cities. Copy of the report may be had on application to the NEA at the above address.

INEXPENSIVE PAMPHLETS

THE DOCTOR LOOKS AT THE LARGE FAMILY, by Duff S. Allen. Pp. 40, price 25c from Institute of Social Order, 3115 S. Grand Blvd., St. Louis 18, Mo. — A Roman Catholic physician says "the ideal spacing for babies is from 18 mos. to two years apart."

KEEPING UP WITH A TEEN-AGER, by Evelyn Millis Duvall. Pp. 32, price 10c from Public Affairs Committee, 22 E. 38th St., New York 16, N. Y.— Interesting and practical discussion for parents of adolescents.

STATE LAWS TO GUARD FAMILY LIFE, 6-page folder, 5 cts. from American Social Hygiene Assn., 1790 Broadway, New York 19, N. Y.

WHAT MAKES MARRIAGES FAIL? by Frank Ferneyhough. Pp. 31, price 1 s., from Conquest Publications, Layton Av., Mansfield, Notts., England.

WHERE DOES MY MONEY GO? Simple budget outlines, pp. 12, free from Personal Finance Co., 607 S. Hill St., Los Angeles 14, Calif.

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What can a family do to strengthen the Christian foundations of the home? The Religious Education Council of Canada, in a folder prepared for general distribution, suggests six immediate steps:

1. Observe "Family Night at Home." Choose one night in the week when all the members will plan to be at home and "guests of each other."
2. Start the "family council" method of making decisions democratically.
3. Invite into the fellowship of the family some who are away from home.
4. Attend church as a family.
5. Plan a family outing.
6. Start Family Worship.

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CANADIAN HUSBANDS

Canada still has a surplus of marriageable men, particularly in the prairie provinces, says Rica McLean Farquharson, writing in the Canadian Home Journal. The excess of men over women is as follows:

Prince Edward Is.	3,600
Nova Scotia	10,400
New Brunswick	10,600
Quebec	12,600
Ontario	29,200
Manitoba	23,200
Saskatchewan	61,000
Alberta	51,800
British Columbia	34,000

The total number of presumably-available husbands is 236,400. Young women can make their plans accordingly.

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Is not trailer life one of the most demoralizing factors influencing the American family today?

Ans.—It is probably harmful to children in many instances, but most of the married couples occupying trailers have been wedded for some years, and seem to be well adjusted. Donald O. Cowgill, who published a study of "Mobile Homes" in 1941, commented that "The enthusiasm of all members of the family for trailer life which was most invariably met by the investigator is in itself testimony of harmony and interest in a common enterprise."

THE AMERICAN INSTITUTE OF FAMILY RELATIONS

The American Institute of Family Relations is the first organized attempt in the United States to bring all the resources of modern science to bear on the promotion of successful marriage. It was incorporated in 1930 as a non-profit undertaking, and all its services are available to the public at a minimum cost.

Through lectures, conferences, and discussion groups, the Institute carries on an active and continuous educational program. A circulating library provides the public with recent and important books. A correspondence course in the principles, techniques, and materials of counselling, makes the experience of the Institute available to those at a distance, who are called upon to lead, advise, or instruct others in dealing with their personal and family problems.

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